



## Central Virginia VA Medical Center, Richmond, Virginia

### REHABILITATION PSYCHOLOGY POSTDOCTORAL FELLOWSHIP PROGRAM

We are accepting applications for the 2021-2023 training period. We anticipate offering two positions.

**Our application deadline is December 18, 2020.**

#### Accreditation Status

The Rehabilitation Psychology Postdoctoral Fellowship at the Central Virginia VA Medical Center is fully accredited by the Commission on Accreditation of the American Psychological Association. The next site visit is scheduled for 2023.

Questions related to the program's accreditation status should be directed to the Commission on Accreditation:

Office of Program Consultation and Accreditation

American Psychological Association

750 1<sup>st</sup> Street, NE

Washington, DC 20002-4242

(202) 336-5979

<http://www.apa.org/education/grad/program-accreditation.aspx>

#### Central Virginia VA Medical Center

The Central Virginia Veterans Affairs Medical Center (VAMC) is a VISN-6 tertiary care referral center located in Richmond, Virginia. The medical center offers a full range of health care services including comprehensive outpatient care to complex inpatient services. The medical center has 427 operating beds, which includes internal medicine, surgery, neurology, physical and rehabilitation medicine, intermediate care, acute and sustaining spinal cord injury, skilled nursing home care, palliative care, and primary and secondary levels of psychology and psychiatric care programs. There are approximately 53,000 veterans enrolled at the RVAMC, including 5,600 female veterans. Nearly 50,000 veteran patients are served each year. The medical center is the host site for a Parkinson's Disease Research, Education and Clinical Center (PADRECC), Level 1 Polytrauma programming, and a Center of Excellence for Seizure Disorders.



The Psychology Section has more than 70 doctoral-level psychology staff with a wide range of specializations and theoretical orientations. In addition to traditional roles in Mental Health, staff psychologists are critical members of the Substance Abuse, PTSD, Polytrauma and TBI, Spinal Cord Injury, Geriatric/Homebased Care, Primary Care/Mental Health, and Behavioral Medicine programs.

Our training program includes predoctoral practicum students, an APA-accredited predoctoral psychology internship program, and two postdoctoral fellowship programs.

The Central Virginia Veterans Affairs Medical Center (VAMC) enjoys a strong and mutually beneficial affiliation with the Medical College of Virginia, Virginia Commonwealth University (MCV/VCU). Residency and fellowship programs exist in virtually every general and specialty areas of internal medicine, rehabilitation, surgery, psychiatry, psychology, and dentistry. Historically, Rehabilitation Psychology fellows are provided VCU faculty appointments because of their role in training and supervising students.

### **Polytrauma and Traumatic Brain Injury**

The medical center acts as a tertiary care referral center for polytrauma and traumatic brain injury, and has the following programs offers the full spectrum of services available through the Polytrauma System of Care (PSC).

Polytrauma programs are accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). These programs provide interdisciplinary rehabilitation for individuals presenting with general rehabilitation needs, as well as those presenting with complex physical, cognitive, and mental health sequelae of severe and disabling injuries. These programs serve active duty service members and veterans referred from military treatment facilities, other Department of Veterans Affairs hospitals, and civilian hospitals.

### **Training Philosophy and Model**

Our program is built upon a scientist-practitioner model of training. We support the view that good clinical practice is based upon the science of psychology. The science of psychology is informed by the experience of working with a variety of patients and supervisors and professionals from other disciplines. Our approach to training encourages clinical practice that is evidence-based and integrates the current state of scientific knowledge with the complexities of individual patients. In essence, we emphasize training as a process of learning techniques which prepare trainees to make a laboratory of their applied setting. While trainees may ultimately develop careers that favor one aspect of the model more than the other, our expectation is that clinicians will practice from a scientific basis with clinical sensibility. Fellows spend 25% of their time engaged in research activities and are encouraged to participate in ongoing scholarly opportunities such as journal clubs.

Rehabilitation psychologists treat and study psychological problems in a variety of social, cultural, and treatment settings. We see awareness of and sensitivity to cultural and diversity issues as necessary for responsible professional functioning. We incorporate diversity training and recognition of individuals' unique cultural contexts into all aspects of our program, from supervision to didactics and journal clubs. Understanding how these factors interact to influence a patient's desired outcomes is a critical ability for rehabilitation psychologists. Thus, our training focuses on fellows learning to assist patients in defining goals and achieving optimal psychological, physical, and social functioning. Successful rehabilitation psychology fellows demonstrate the ability to integrate best-practice approaches with unique patient care needs and communicate these plans to patients and other professionals across populations, settings and problem areas.

Fellows receive specialty training with clinical populations including acquired brain injury and acute neurologic disorders, spinal cord injury, severe physical trauma, complex medical conditions, and chronic conditions common in aging populations such as dementia and Parkinson's disease.

### **Program Aim and Competencies**

The objective of this postdoctoral fellowship is to provide a unique, and relevant, scientist-practitioner training experience in rehabilitation psychology, with special emphasis on polytrauma patients and families. Rehabilitation psychologists treat and study recovery from injury, psychosocial adjustment to disability, and how individual characteristics and environmental factors interact to affect function in daily life. Training in rehabilitation psychology focuses on the practice of assisting individuals with disabilities in achieving optimal psychological, physical, and social functioning. Rehabilitation psychologists exhibit competencies in the following areas, consistent with the standards for board certification in Rehabilitation Psychology by the American Board of Professional Psychology (ABPP-RP): assessment, intervention, consultation, consumer protection, supervision, and research.

We believe that our graduating fellows should be able to provide competent assessment and appropriate interventions, consultation, and supervision in rehabilitation psychology at a level of independent practice (not requiring supervision), as well as exhibit behavior that is consistent with professional standards. Graduating fellows should possess the requisite skills to bring research and clinical literatures to bear on their applied work and to communicate their own scholarly endeavors and interests to other mental health practitioners.

**Expected training outcome:** Our overarching aim is to prepare fellows for independent practice with a training experience that meets the criteria to pursue board certification in rehabilitation psychology. The fellowship prepares its graduates to become licensed clinical psychologists. Graduates will also be prepared for employment providing direct patient care and/or engaged in program evaluation and improvement in health care settings. Training is consistent with the competencies outlined by ABRP (American Board of Rehabilitation Psychology) and fellows are encouraged to pursue Board Certification as a Rehabilitation Psychologist (ABPP) after graduation. Subsumed under this overarching goal are the following training competencies:

- **Competency 1:** Fellows will develop advanced independent practitioner competence as rehabilitation psychologists.

Objectives for Competency 1: To ensure fellows have the knowledge and skills necessary to function independently as a rehabilitation psychologist. Fellows should demonstrate advanced practice competence in the areas of ethics and applicable state/federal regulatory provisions, consultation and supervision, professional interpersonal interaction, responsibility and self-direction, positive coping strategies, professional identification as a rehabilitation psychologist, an understanding and respect for cultural and other differences, and time management skills.

- **Competency 2:** Fellows will be competent in specified psychological and neuropsychological assessments.

Objectives for Competency 2: To ensure fellows develop interview, chart review and assessment instrument selection skills (including use of objective, self-report, structured interview and neuropsychological screening instruments); to develop fellows' ability to formulate accurate differential diagnoses; to develop fellows' ability to generate integrated treatment plans and

recommendations which reflect the interdisciplinary needs of patients; to provide clear and concise feedback (verbal and written) to referral sources, other providers, patients and families.

- **Competency 3:** Fellows will be competent in specified psychological interventions.

Objectives for Competency 3: Fellows will be able to formulate case conceptualizations, treatment goals, and choose and deliver appropriate interventions. Fellows will also seek out professional writings as necessary.

- **Competency 4:** Fellows will be competent professionals in providing consultation, supervision, and teaching.

Objectives for Competency 4: Fellows will be able to effectively share their knowledge of rehabilitation psychology with other healthcare professionals, other rehabilitation psychologists, and peers.

- **Competency 5:** Fellows will demonstrate professional behavior consistent with professional standards and ethical guidelines.

Objectives for Competency 5: Fellows will demonstrate actions consistent with an understanding of professional ethics, state laws of practice, laws related to and including the American Disabilities Act (ADA), awareness and sensitivity to cultural and individual factors, and issue related to patient confidentiality and privacy.

- **Competency 6:** Fellows will be skilled in the interface between science and practice.

Objectives for Competency 6: Fellows will demonstrate ability to apply scientific knowledge to the local clinical setting, be educated consumers of empirical research, and deliver empirically validated treatments. Fellows are expected to think critically, and to evaluate the findings of research-based knowledge within the context of practical experiences.

## **Program Structure**

Postdoctoral psychology fellows' time is expected to be dedicated to clinical rotations (75%) and research (25%). Fellows are expected to remain on each rotation for six months, such that each fellow will participate in four rotations during the two-year fellowship. Two of the rotations are required. The other two six-month rotations will be selected collaboratively by the fellow and fellowship Training Director. One may either be a repeat of one of the mandatory rotations (with the fellow addressing different training goals and assuming more responsibility than in the first iteration) or a new optional rotation (e.g., Health Psychology). Fellows also identify a research interest at the beginning of the first year of the fellowship. Fellows typically spend around 45 hours per week in training activities during their fellowship.

## Training Experiences

### A Note About Telework

The Rehabilitation Psychology Postdoctoral Fellowship at the Central Virginia VAMC is dedicated to providing fellows with outstanding clinical and research training while offering a rich array of educational activities. Should circumstances warrant fellows work from home, all clinical team meetings and didactics will be available via online options. The VA offers a secure telehealth option for patients, VA Video Connect, which can also be used by fellows working remotely. Inpatient rotations may need to be modified to maintain the safety of both patients and providers. If telework is necessary, Training Directors and rotation supervisors will work with fellows to modify their individual training plans to maintain continuity of care for patients as well as continuity of training for fellows.

### Primary Rotations

*TBI and Polytrauma (Required):* The Central Virginia VAMC acts as a tertiary care referral center for TBI and Polytrauma, and has the following programs, which offer rich opportunities for rehabilitation psychology fellowship training:

1. *Polytrauma Rehabilitation Center (PRC):* Fellows provide neuropsychological and rehabilitation psychology services to inpatients on the 16-bed, CARF-accredited acute inpatient brain injury rehabilitation program. Richmond's PRC is one of only five in the country. This program admits Veterans and Active Duty Service Members with acute injuries including TBI, stroke, brain tumor resection, and amputation. The PRC also admits patients with general rehabilitation needs due to LVAD or organ transplants. These patients require a comprehensive, interdisciplinary rehabilitation program to optimally treat the complex medical, psychological, rehabilitation, and prosthetic needs of these individuals. Additionally, this unit houses an Epilepsy Monitoring Unit. Fellows will have the opportunity to work with patients with epileptic and non-epileptic seizures by providing neuropsychological assessment and brief, evidence-based intervention. Fellows participate in psychotherapeutic and behavioral interventions, neuropsychological evaluations, interdisciplinary rounds and meetings, and family conferences. Fellows participate in providing interventions to patients and family members, who often stay in a special residence on grounds for the duration of the inpatient rehabilitation stay.
2. *Polytrauma Transitional Rehabilitation Program (PTRP):* Fellows provide neuropsychological and rehabilitation psychology services to inpatients in this 10-bed, CARF-accredited community reintegration program. One of only five PTRPs in the country, this program provides rehabilitation services to Active Duty Service Members and Veterans recovering from traumatic and acquired brain injuries. Residents live and receive a variety of interdisciplinary therapies on-site and in the community with the goal of resuming independent living and participation in meaningful roles and life activities. Fellows function as a member of the interdisciplinary team, participating in psychotherapeutic and behavioral interventions, neuropsychological evaluations, interdisciplinary treatment team meetings, and family conferences. Fellows may also have the opportunity to work in the Servicemember Transitional Advanced Rehabilitation (STAR) program. STAR is a 10-bed inpatient program focused on vocational rehabilitation.



3. *Polytrauma Network Site (PNS)*: Fellows provide a variety of psychological and neuropsychological services to outpatients in the polytrauma outpatient program including comprehensive neuropsychological evaluations, treatment planning, psychotherapy, family counseling, suicide and violence risk assessment, and behavioral health and pain management interventions. PNS patients include a large percentage of OEF/OIF Veterans with complex needs involving post-concussion syndrome (PCS), PTSD, and chronic pain. Fellows participate as part of an interdisciplinary outpatient team involving medical, rehabilitation, and mental health providers assessing and treating PCS, PTSD, pain, and other comorbid problems.

*Spinal Cord Injury & Disorders (Required)*: The Central Virginia VAMC is one of 24 VAMC specialty care centers for Spinal Cord Injury & Disorders. This 80-bed, CARF-accredited program provides fellows with knowledge, skills and abilities in the following areas: Understanding the basic physiologic changes which occur with various levels and degrees of spinal cord injury and the physical medicine, pharmacological and adaptive/assistive equipment available; participating on an interdisciplinary rehabilitation team; assessing personality, emotional, and cognitive functioning in relation to successful participation in rehabilitation and psychosocial functioning post-discharge; providing individual, family and group therapies to address psychosocial, sexual, vocational and pain problems arising from spinal cord injury; and understanding basic interventions to assist with adopting healthier lifestyles (e.g., smoking cessation, substance use, weight management, recreational activities) in inpatient and outpatient settings. Opportunities may also exist for fellows to gain experience working with individuals diagnosed with neurodegenerative diseases including multiple sclerosis and amyotrophic lateral sclerosis, utilize telehealth and/or biofeedback, and participate in program development.

*Neuropsychology (Optional)*: Within the Outpatient Mental Health Clinic, fellows provide neuropsychological assessment services to a diverse range of patients who span the adult lifecycle. Fellows will enhance both brief and comprehensive neuropsychological evaluation and consultation skills while working with a wide variety of neurological and psychological disorders such as various dementias, Parkinson's disease, stroke, MS, seizure disorders, TBI, and other dual-diagnosis referral cases. Based on the fellow's career goals, and availability, there may be opportunities to focus on specific sub-specialties (e.g., geriatric neuropsychology) and/or provide supervision to internship-level trainees.

*Health Psychology (Optional)*: The fellow will collaborate with the Training Director and the Health Psychology supervisors to select one to two rotations as described below. Rotation matriculation and timing will be based on trainee desire, as well as breadth and depth of training needs. Similarly, in the selection process, attention will be appropriately given to overarching program competencies and long-term fellow career goals.

1. **Weight Management**: This rotation focuses on the psychological, social, and behavioral aspects of weight management. It addresses many psychological dimensions related to weight including body image, health behaviors, eating disorders, substance use, co-morbid mental health conditions, non-adherence to medical regimens, illness adjustment issues and social context. The following experiences are available: serve as a member of multiple interdisciplinary teams related to weight management (MOVE! and Bariatric Surgery); assessment of patients being considered for bariatric surgery or medical procedures; assessment of personality, psychopathology, and cognitive processes in relation to health problems; short-term individual psychotherapy; and behavior management plans; co-lead MOVE! groups. Multiple treatment

interventions are used including Motivational Interviewing, CBT, ACT, DBT, Solution Focused Therapy, and Problem Solving Therapy.

2. **Psycho-Oncology:** This rotation focuses on the psychological, social, behavioral, existential and ethical aspects of cancer care. It addresses two main psychological dimensions of cancer care. First, the psychological responses to cancer at all stages of the disease, including that of families and caretakers. Second, the psychological, behavioral and social factors that may affect the disease process. Oncology is staffed by collaborative interdisciplinary teams (Medical Oncology, Radiation Oncology and Surgical Oncology). As such, fellows may expect to work with a cadre of medical and psychosocial disciplines. There are multiple training opportunities in assessment and treatment, including co-occurring conditions. Treatments span an array of psychological difficulties, adjustment, adherence, affective disorders, psychoses, substance abuse, trauma and other stressor-related disorders, anxiety disorders, cognitive impairment, and personality disorders. The biopsychosocial treatment approach includes Cognitive Behavioral Therapy (CBT), Motivational Interviewing, Third-Wave CBT techniques, Dignity Therapy, Existential, and Interpersonal interventions. Fellows may have the opportunity to co-facilitate a cancer support group. Fellows will maintain an individual case load, provide inpatient services, and attend IDTs and pre-conferences as an active member of the teams.
3. **Chronic Pain Integrative Health Clinic (VIP):** This rotation focuses on the psychological, social, and behavioral aspects of chronic pain and the various non-pharmacological integrative therapies used to treat it. Training opportunities in VIP broadly target the many psychological dimensions related to chronic pain, including: pain self-management; health behavior change (i.e., sleep, diet, exercise, etc.); adjusting pain cognitions; managing co-morbid mental health conditions; as well as illness adjustment issues and social context. The following experiences are available: serve as a member of the VIP interdisciplinary team; conduct functional intake assessments of patients with chronic pain; develop collaborative treatment plans; facilitate individual and group therapies (i.e., Mindfulness, Anti-Inflammatory Diet, CBT for Chronic Pain, CBT for Insomnia, biofeedback, etc.); and shadow integrative services conducted by members of the interdisciplinary team (i.e., acupuncture, Tai Chi, chiropractic care, etc.). Multiple treatment interventions are used, including CBT, ACT, mindfulness-based approaches, and motivational interviewing.
4. **Pre-Surgical Assessment/Consultation-Liaison/Behavioral Medicine:** The following experiences are available depending upon fellow interest and supervisor availability: Pre-surgical psychological assessment as a component of the medical evaluation process for solid organ transplant, ventricular assist device (VAD), surgical weight loss, amputation, etc. Empirically based assessments include clinical interviews, cognitive screening, psychometric testing, and chart review to examine psychosocial concerns central to surgical and clinical outcomes. Assessments may be conducted both within the medical center for hospitalized patients and on an outpatient basis. This rotation offers the opportunity to work with the Consultation-Liaison (C/L) mental health team within the medical center, serving patients hospitalized on surgical, cardiac, and general medical floors. The fellow will assess psychosocial domains and provide brief interventions for acute and chronic illness adjustment/coping, grief, pain management, procedural distress, traumatic stress, anxiety/depression, medical adherence, etc. May serve as liaisons between medical providers and patient/family to better enhance communication and facilitate understanding of illness and self-care. Fellows also maintain an outpatient caseload and employ evidenced based interventions (CBT, MI) for various behavioral medicine conditions to

include insomnia, weight management, diabetes self-management, chronic pain, anxiety and depression related to chronic medical disorders (COPD, CHF, DM, amputation, etc.).

5. **Mental Health – Primary Care Integration (MH-PCI):** The following experiences are available depending upon fellow interest and supervisor availability: Conduct brief functional assessments and treatment plans according to the presenting problem; assess and triage unscheduled patients (“warm handoffs”) whose primary care provider (PCP) has requested they be seen the same-day by mental health; conduct brief individual therapy (3-6 sessions, 30 min appointments) for mental and behavioral health concerns (i.e., mild-moderate mental health conditions, chronic illness management, and health behavior change) with use of motivational interviewing, patient education, as well as CBT- and ACT-based therapies; facilitate 2-session sleep hygiene workshop as well as other workshops as available; consult and coordinate patient care with the interdisciplinary Patient Aligned Care Team (PACT); coordinate services with the Behavioral Health Lab (BHL), a phone-based team of providers that conducts brief assessment screening and follow-up on primary care patients.
6. **Hospice and Palliative Care (HPC):** This rotation will focus on provision of care for individuals with advanced, life-limiting and terminal illness and will include family support elements. The HPC population is diverse with respect to sociodemographic characteristics, medical difficulties, mental health issues and life experiences. Generally, on an inpatient basis, the fellow may expect to provide direct clinical service, consultation, interdisciplinary team participation, and staff education. The interprofessional team consists of psychology, medicine, nursing, pharmacy, social work, chaplaincy, music therapy, recreation therapy, dietary, and volunteer services. HPC also supports several medical and allied health training programs. The fellow will conduct intake interviews, provide individual psychotherapy, and supportive care for couples and families. Interventions will likely include a range of psychotherapies (e.g., supportive, cognitive-behavioral, psychoeducational, life review, meaning-centered (e.g., Dignity therapy), Motivational Interviewing. Supervision will emphasize a cognitive behavioral and social learning perspective within a brief treatment model and will incorporate existential and family systems approaches. Specific clinical opportunities may include CBT for chronic pain, CBT for insomnia, smoking cessation, MOVE! weight management clinic, and shared diabetes medical appointments. There are opportunities for brief assessment and short-term interventions for behavioral health concerns such as depression, anxiety, adjustment disorders, and substance use in the primary care setting and triage to other behavioral health programs as indicated. Training goals include developing consultation skills working within interdisciplinary teams to support health behavior change and developing and implementing health behavior interventions. Within Primary Care, Fellows provide health behavior consultation to Primary Care staff in group and individual format, including training and coaching in Motivational Interviewing and other patient-centered communication techniques.

*Geropsychology* (optional): Fellows on the Geropsychology Rotation have opportunities to work in both inpatient and outpatient settings. In the Community Living Center (CLC), fellows gain inpatient experience as the consulting psychologist for interdisciplinary teams, collaborating and advising on issues such as behavior management, mood disorders, discharge planning, and family/caregiver intervention. There are additional opportunities for individual and group psychotherapy with the CLC residents as well as in the primary care clinics. Fellows also conduct brief cognitive screenings and assessments in the outpatient GE program (Geriatric Evaluation), advising the team on a patient’s cognitive and emotional status, as well as caregiver concerns. If interested, fellows may see patients through Home Based Primary Care, which includes brief psychological interventions and cognitive



assessments in the Veterans' homes. Training goals can be tailored to the fellow's interests and training needs.

Throughout the fellowship, in addition to the rotation, fellows will complete two neuropsychological evaluations per month or follow outpatients for individual psychotherapy. Neuropsychological assessment referrals come from both Polytrauma clinics, which serve individuals with traumatic and acquired brain injury, and the Mental Health Clinic, which serves a diverse patient population. Common referral questions include cognitive evaluation following injury or illness, evaluation for neurodegenerative disorders, financial capacity evaluations, ADHD evaluations, and personality assessments and evaluations including both cognitive and psychiatric components. Outpatient cases offer fellows the opportunity to work with individuals with chronic conditions and/or injury adjustment concerns.

Below is a sample of how a fellow might choose to order his or her rotations:

Fellow 1:

Rotation 1 - Polytrauma (3 months PRC/3 months PTRP)

Rotation 2 – Geriatrics

Rotation 3 – SCI

Rotation 4 - Outpatient Diagnostic Testing/Psychological Consultation and Liason Service

Fellow 2:

Rotation 1 - SCI

Rotation 2 – Polytrauma (6 months PNS Clinic)

Rotation 3 – Outpatient Diagnostic Testing/Psychological Consultation and Liason Service

Rotation 4 – Health Psychology

## **Educational Activities**

Ample opportunities exist for fellows to participate in structured educational activities, both as participants and as leaders. Educational opportunities are available both at the VAMC and through Virginia Commonwealth University (VCU). Current required educational activities include those below. Fellows also have the opportunity to participate in grand rounds, lunch & learns, and journal clubs throughout the hospital and specific to their current rotation.

- **Rehabilitation Psychology Didactic Series:** This one hour, monthly didactic is focused on the competencies of rehabilitation psychologists. Lectures are offered by experts in topics specifically related to the practice of rehabilitation psychology. Speakers include psychologists, physicians, and those on rehabilitation treatment teams such as occupational therapists and speech language pathologists. Recommended readings are provided in advance of each lecture.
- **Rehabilitation Psychology Professional Development Series:** This one hour, bimonthly monthly series is intended to provide fellows with information on professional opportunities and experiences as they begin considering next steps and career choices after fellowship. Topics range from the job application process, licensure, and aspects of working in a variety of clinical settings as a rehabilitation psychologist. The series features speakers with rehabilitation backgrounds from VA Medical Centers, academic medical centers, and private practice.
- **Rehabilitation Psychology Journal Club:** This one hour, biweekly didactic is focused on reviewing literature that pertains to the competencies and practice of rehabilitation psychology.

Psychology staff and trainees facilitate discussions reviewing classic and new articles to provide a holistic view of where the field has been and where it is headed.

- **Neuropsychology Didactic Series:** A one hour weekly meeting focused on important issues central to the work and identity of clinical neuropsychologists. Each month, three of the meetings are devoted to didactic presentations on topics including: functional neuroanatomy, neuropsychological outcomes associated with various medical/neurological disorders, ethics and standards of practice, diversity issues, and career development. One meeting each month is devoted to a case conference focused on developing collaborative consultative skills and exposure to complex clinical cases presented by faculty and peers. Opportunities are available for trainees to present topics of personal/professional interest.
- **Diversity Seminar Series:** A one hour monthly meeting of staff psychologists, invited guest speakers, and psychology interns and fellows on various topics of diversity. In a safe and respectful learning environment, didactics on various topics and case presentations focused on multicultural issues are discussed and reflected upon to foster personal awareness and multicultural sensitivity/humility to improve professional practice and research. Diversity seminar also provides an opportunity to review current APA guidelines on multiculturalism and clinical decision making with diverse populations using relevant peer-reviewed literature.
- **Physical Medicine and Rehabilitation Grand Rounds:** This weekly, one hour lecture series is offered jointly through the VA and the medical school affiliate.
- **Polytrauma Didactic Series:** This monthly, one-hour lecture series focuses on topics germane to acute, subacute, and outpatient polytrauma rehabilitation patient care. Fellows are expected to present at least once at this series over the course of their training.
- **Polytrauma System of Care Training Series:** This weekly, one hour training combines didactics with group supervision with trainees at all levels (extern, intern, fellow) on polytrauma rotations. This 12-week series serves as an introduction to seminal articles related to brain injury and injury adjustment. During the second year of fellowship, fellows take a leadership role in providing this series to externs and interns.

### Individual supervision

Fellows receive a minimum of two hours of individual supervision per week by their rotation supervisor and Fellowship Director (one hour each). When on a rotation with externs and/or interns, an additional group supervision is often added to augment individual supervision. This supervision can be used to fulfill licensure requirements in the Commonwealth of Virginia.

### Requirements for Completion

To successfully complete the program, fellows must:

1. Successfully meet or exceed expectations in competencies set based on the goals of the fellowship.
2. Not be found to have engaged in any significant ethical transgressions.

Training Program Evaluation: The Fellows will complete formal rating scales after each six-month rotation to indicate their satisfaction with the training experiences and outcomes, quality of supervision provided, didactic experiences, research involvement, and facilities and resources available. The Fellowship Training Director will review the Fellows' satisfaction ratings and take reasonable steps to address any areas of concern.

### **Stipend and Benefits**

The fellowship program offers a full-time stipend of \$47,704 for fellowship year-one, and approximately \$50,283 for year-two. Stipend for the second year is approximated because CY-2020 cost-of-living adjustments have yet to be announced. Benefits include: 13 days of vacation, up to 13 days of sick leave, authorized, paid leave for conferences and to take the EPPP, and health insurance. The Federal Tort Claims Act covers professional liability for services provided as a DVA employee for those trainees acting within their scope of practice.

### **Administrative Policies and Procedures**

This program supports and adheres to Equal Employment Opportunity policies and the Americans with Disabilities Act. Applications from racial, ethnic, and sexual minorities and women are strongly encouraged. No applicant will be discriminated against on the basis of race, color, creed, religion, sex, sexual orientation, place of national origin, or age. We do not require self-disclosure. We actively recruit potential fellows from diverse backgrounds. Our full diversity recruitment and retention plan is available upon request.

### **Fellow's Evaluation of Program**

We will review and revise our training goals and objectives, as well as review fellows' views of our program, through the following mechanisms:

1. Monthly training meetings, in which results of evaluations and exit interviews are discussed.
2. Private, scheduled meetings with the Training Director and staff involved in training.
3. Fellows' evaluation of supervisors, completed at the end of each training experience. Fellows complete evaluations of supervisors, rating them in key areas of supervision. They discuss and, if comfortable, show supervisors these forms at the completion of their rotation. Both fellows and supervisors sign off on these forms.
4. Fellow evaluation of our overall program, completed every six months. At the outset of the fellowship, the Fellowship Director tells fellows that meetings can be scheduled at any time to discuss the training program and provide feedback. The Fellowship Director requests formal evaluations of the program and shared group experiences every six months. Fellows are asked to individually rate the different components of the program using a standard evaluation form. The Fellowship Director reviews these evaluations with the Fellows, guides them in finding effective ways of describing their concerns, shares the written evaluations concerning specific supervisors with those supervisors in private, and shares the feedback concerning the overall program with the Executive Training Committee.

5. Fellow meetings with the Training Director to discuss these evaluations and follow-up on issues of concern.
6. Separate exit-interviews with the Fellowship Director and, if requested, the Training Director and Lead Psychologist at completion of fellowship. Exit-interviews are non-evaluative and the information and impressions shared will be presented anonymously to the Executive Training Committee to promote improvements in our program.

### **Program's Evaluation of Fellow**

The performance and progress of fellows and the effectiveness of the postdoctoral training program will be evaluated with multiple measures throughout the training year and upon completion of the training program. Methods of evaluation include the use of rating scales and interviews with the fellows, their supervisors, and affiliated staff members.

Fellow Evaluation - Supervisors complete rating scales with regard to each fellow's performance at the end of months 3, 6, 9, and 12 of each training year. Fellows will be rated on their level of competence in the core areas of the goals described above. The fellow will meet with the supervisors to review the ratings and discuss goals for further development. The Fellowship Director receives copies of the evaluations and meets with each Fellow to review the performance ratings and provide any additional guidance or recommendations.

### **Application & Selection Procedures**

*This fellowship uses the APPA CAS (APPIC Psychology Postdoctoral Application) for all applications, consistent with VA Policy. This program adheres to the APPIC Selection Process Guidelines, including the Uniform Notification Date. You can find more information at the [APPIC website](#).*

### **Eligibility**

Please see all eligibility requirements at the VA's psychology training website eligibility page: <http://www.psychologytraining.va.gov/eligibility.asp>

### **Application Procedures:**

Click on the following link to access the [APPA CAS \(APPIC Psychology Postdoctoral Application\)](#). Complete the basic demographic, education, clinical training information and transcripts required of all applicants for all APPA CAS programs. Select the appropriate program. The specific requirements for the Central Virginia VAMC Rehabilitation Psychology Postdoctoral Fellowship Program are stated below as well as within the APPA CAS system. More specific instructions can be found within APPA CAS.

**ONCE YOU HAVE SUBMITTED ALL DOCUMENTS, PLEASE EMAIL [Suzzette.chopin@va.gov](mailto:Suzzette.chopin@va.gov) SO WE CAN CONFIRM THEY HAVE BEEN RECEIVED AND THE APPLICATION IS COMPLETE.**

**Please submit the following application materials:**

1. A cover letter that includes in detail the following elements:
  - a. Previous clinical, educational, and research experience in generalist core competencies.
  - b. Any previous clinical, educational and research experience in rehabilitation psychology.
  - c. A description of your career goals and the way in which the Fellowship will advance them.
2. Curriculum Vitae
3. Official transcripts from graduate school (including date of doctoral degree if awarded). If the doctoral degree has not yet been awarded, we will require an official transcript with awarding date before admission to the Program.
4. Three letters of recommendation, including:
  - a. One from your Dissertation Chair noting the status of your dissertation and anticipated completion date;
  - b. One from an internship supervisor; and
  - c. One from a clinical or research supervisor who is especially familiar with your clinical or research work.
5. A rehabilitation psychology-related work sample that has been de-identified according to HIPAA Standards.

**Our application deadline is December 18, 2020.**

Please note that after a selection has been made, the selected candidate will still be required to pass the regular VA employment screening process which may include a criminal background check and a urine drug screen. Selected candidates who do not complete or successfully pass this process, or who do not complete program requirements for graduation with a Ph.D. or Psy.D. will not be able to begin the fellowship.

**Questions regarding the program may be directed to Dr. Suzzette Chopin, PhD, at [suzzette.chopin@va.gov](mailto:suzzette.chopin@va.gov) or at 804-675-5000 x7268.**

## **Psychology Training Staff**

### Lead Psychologist

Mary Bradshaw, Psy.D, Acting Chief and Associate Chief, MHSL & Supervisory Clinical Psychologist

### Director of Psychology Training

Thomas Campbell, Ph.D., ABPP-RP

### Assistant Internship Director

Christopher Murphy, Psy.D.

### Director of Rehabilitation Psychology Post-Doctoral Fellowship

Suzzette Chopin, Ph.D., ABPP-RP

### Director of MIRECC Post-Doctoral Fellowship

Scott McDonald, Ph.D.

**Jessica Alva, Ph.D., 2016, Case Western Reserve University, Cleveland, OH**  
Internship: VA Puget Sound Health Care System—American Lake Division

Postdoctoral Fellowship: West Los Angeles VA Medical Center Clinical Neuropsychology Postdoctoral Residency (Geriatric Neuropsychology Specialty)  
Licensed Clinical Psychologist, Commonwealth of Virginia  
Clinical Duties: Clinical Neuropsychologist

**Rebecca Aycock**, Ph.D., University of Memphis, Memphis, TN  
Internship Site: St Louis VAMC  
Postdoctoral Fellowship: Virginia Commonwealth University Health Systems-Clinical Health Psychology Training Fellowship  
Licensed Clinical Psychologist, Commonwealth of Virginia  
Clinical Duties: Health Behavior Coordinator. Utilizes ACT, CBT, and MI interventions.  
Research Interests: Health Promotion and Disease Prevention, Health Disparities, Implementation Science  
Faculty Appointments: Affiliate Faculty, VCU Department of Psychology

**Caitlin P. Campbell**, Psy.D., 2016, Pacific University, Hillsboro, OR  
Internship: Louis Stokes Cleveland VA Medical Center – Rehabilitation Psychology  
Postdoctoral Fellowship: Louis Stokes Cleveland VA Medical Center – Rehabilitation Psychology  
Licensed Clinical Psychologist, State of Oregon  
Clinical Duties: Rehabilitation Psychologist on the Spinal Cord Injuries/Disorders (SCI/D) Unit utilizing an existential/humanistic approach infused with cognitive and behavioral modalities; STAR Program biofeedback provider  
Research/Clinical Interests: Biofeedback, disability identity, women and disability, role of life purpose/meaning in adjustment to disability, telehealth, program evaluation, NICU/prematurity  
Training/Didactics: Co-facilitate Diversity Seminar and Rehabilitation Psychology Journal Club; SCI/D rotation supervisor  
Academic Appointment: Affiliate Professor, Department of Psychology, VCU

**Thomas Campbell**, Ph.D., ABPP 2008, Virginia Commonwealth University, Richmond, VA  
Board Certified in Rehabilitation Psychology  
Internship: Minneapolis VA Health Care System  
Postdoctoral Fellowship: McGuire VA Medical Center Rehabilitation Psychology Fellowship  
Licensed Clinical Psychologist, Commonwealth of Virginia  
Clinical Duties: Polytrauma Rehabilitation Center, Neuropsychologist  
Research Interests/activities: TBI and PTSD, Response Validity, Self-Report Styles  
Academic Appointments: Clinical Assistant Professor, VCU Department of PM&R; Affiliate and Adjunct Professor, VCU Department of Psychology

**Suzzette Chopin**, Ph.D., MBA, ABPP, 2013, Virginia Commonwealth University, Richmond, VA  
Board Certified in Rehabilitation Psychology  
Internship: McGuire VAMC, Richmond, Virginia  
Postdoctoral Fellowship: McGuire VAMC Rehabilitation Psychology Fellowship  
Licensed Clinical Psychologist, Commonwealth of Virginia  
Staff Psychologist: Rehabilitation Neuropsychologist, Polytrauma Residential Program (PTRP).  
Research Interests: yoga, Complementary and Integrative Medicine  
Faculty appointments: Affiliate Professor in Psychology, Virginia Commonwealth University.

**Michelle Emrich**, Psy.D., 2008, Spalding University, Louisville, KY  
Internship: Salem VAMC, Salem, Virginia



Postdoctoral Fellowship: Virginia Commonwealth University Health Systems-Clinical Health Psychology Training Fellowship  
Licensed Clinical Psychologist, Commonwealth of Virginia  
Clinical Duties: Provide pre-surgical/procedural mental health assessment; member of inpatient mental health Consultation-Liaison (C/L) team to employ brief bedside interventions for patients hospitalized with acute and chronic illness; provide evidenced based (CBT, CBTi, MI) for range of behavioral medicine conditions  
Training and Didactics: Supervise Pre-Surgical Assessment/Consultation-Liaison rotation; provide Motivational Interviewing, Psychosocial Issues in Diabetes Management, and Pre-Surgical Mental Health Assessment didactics

**Rebecca Fromme**, Ph. D. 2000, State University of New York at Buffalo, Buffalo, NY  
Internship: VA Pittsburgh Healthcare System  
Post-Doctoral Fellowship: VA Pittsburgh Healthcare System, Geropsychology and Geriatric Neuropsychology  
Licensed Clinical Psychologist, Commonwealth of Virginia and New York Licensed Counseling Psychologist  
Clinical Duties: Provide Neuropsychological assessment to inpatient and outpatient older adults, including screenings, capacity evaluations, and post-stroke. Serve as consultant for staff and families on issues related to dementia, behavior management, caregiver concerns.  
Research Interests: Geropsychology and Caregiver Concerns

**Sharon Funari**, Ph.D. Clinical Psych, 2008, VCU, Richmond, VA  
Internship: James Quillen VAMC  
Licensed Clinical Psychologist, Commonwealth of Virginia  
Clinical Duties: Primarily responsible for individual/group treatment of patients within the outpatient Polytrauma Network Site. Serve as team member to full complement of rehab team. EBPs include: IPT-D, ACT, PE, CPT  
Training and Didactics: Supervise PNS rotation and provide Ethics seminars.  
Research Interests/activities: attachment; resilience  
Academic Appointments: Affiliate Assistant Professor, Department of Psychology, VCU

**Meghan Geiss** Ph.D., 2013, University of Memphis, Memphis, TN  
Internship Site: North Florida/South Georgia VHA  
Postdoctoral Fellowship: McGuire VAMC- Rehabilitation Psychology (2-year Fellowship)  
Licensed Clinical Psychologist, Commonwealth of Virginia  
Clinical Duties: Neuropsychologist, Polytrauma Rehabilitation Center (PRC)  
Research Interests: Sleep and brain injury  
Academic Appointments: Affiliate Assistant Professor in Psychology, Virginia Commonwealth University.

**Eugene Gourley**, Ph.D., 1998, Virginia Commonwealth University, Richmond, VA  
Internship: Washington, D.C., Commission on Mental Health  
Postdoctoral Fellowship: Neuropsychology and Rehabilitation Psychology at Virginia Commonwealth University (VCU) Medical Center  
Licensed Clinical Psychologist, Commonwealth of Virginia  
Clinical Duties: Neuropsychologist, Polytrauma Network Site (PNS)  
**Kyle Haggerty**, Ph.D., Drexel University, Philadelphia, PA  
Internship: Syracuse VAMC

Postdoctoral Fellowship: Bancroft NeuroRehab  
Licensed Clinical Psychologist: State New Jersey and Commonwealth of Pennsylvania  
Clinical Duties: Outpatient Neuropsychologist  
Research Interests: TBI, Social Comparison, and Effort Testing  
Academic Appointments: Adjunct Professor, Ryder University

**Janette Hamilton**, Ph.D., Virginia Commonwealth University, Richmond, VA  
Internship: McGuire VA Medical Center  
Postdoctoral Fellowship: McGuire VA Medical Center Rehabilitation Psychology Fellowship  
Licensed Clinical Psychologist, Commonwealth of Virginia  
Clinical Duties: Rehabilitation Psychologist  
Research Interests/activities: TBI Model Systems Sub-Investigator; Interests include TBI, disorders of consciousness, TBI Caregivers  
Academic Appointment: Affiliate Professor, Department of Psychology, VCU

**Nikki Hegberg**, Ph.D., 2017, Georgia State University, Atlanta, GA  
Internship Site: VA Boston Healthcare System, Clinical Neuropsychology & Behavioral Medicine  
Postdoctoral Fellowship: VA Boston Healthcare System, Clinical Neuropsychology  
Licensed Clinical Psychologist, State of Rhode Island  
Clinical Duties: Pre-surgical/procedural mental health assessments in bariatric clinic; health-behavior interventions with bariatric clinic patients; neuropsychological evaluations for health psychology patients; evidence-based interventions (ACT, CBT, MI) for range of behavioral medicine conditions  
Research Interests: Physical activity and emotional and cognitive health; Complementary and integrative medicine

**M. Kathleen Holmes**, Ph.D., 2017, St. John's University, New York, NY  
Internship: McGuire VA Medical Center  
Postdoctoral Fellowship: VA Boston Healthcare System Clinical Psychology Postdoctoral Fellowship, PTSD Track  
Licensed Clinical Psychologist, Commonwealth of Virginia  
Clinical Duties: STAR/PNS Psychologist  
Research Interests/activities: Interests include Polytrauma and Co-occurring Psychological Conditions, PTSD and Complex Trauma, and Mechanisms of Change in Psychotherapy  
Academic Appointments: N/A

**Julia Huston**, Ph.D., 2018, Western Michigan University, Kalamazoo, MI  
Internship: VA Boston Health Care System, Behavioral Medicine  
Postdoctoral Fellowship: Baltimore VA Medical Center, Primary Care Mental Health Integration  
Licensed Clinical Psychologist, State of Maryland  
Clinical Duties: Spinal Cord Injury Center, Outpatient Psychologist  
Research Interests: Health Behavior Change, Obesity and Disordered Eating

**Patricia Jones**, Ph.D., 1995, Georgia State University, Atlanta, GA  
Licensed Clinical Psychologist, Commonwealth of Virginia  
Clinical Duties: Psychologist on Polytrauma Transitional Rehabilitation Program. Duties include providing diagnostic evaluations to all patients admitted to program, providing individual, family, and marital therapy, provide group psychotherapy, attend IDT meetings and other patient care related meetings (behavioral rounds, family conferences, etc.), participate on steering committee, participate on national conference meetings regarding PTRP, program development, etc.

Research interests: Outcome studies regarding role of family in the recovery process from TBI.  
Faculty appointments: Previous adjunct role at VCU as supervisor affiliated with VCU's Counseling and Psychological Services & Development (CPSD).

**Daniel W. Klyce**, Ph.D, ABPP, 2012, Purdue University, West Lafayette, IN

Board Certified in Rehabilitation Psychology

Internship: Vanderbilt University – Tennessee Valley VA Health Care System Consortium

Postdoctoral Fellowship: University of Washington / Harborview Medical Center – Rehabilitation Psychology Fellowship

Licensed Clinical Psychologist, Commonwealth of Virginia

Research Interests/Activities: TBI outcomes; caregiver interventions; clinical measurement; Polytrauma TBI Model Systems

Academic Appointments: Assistant Professor, VCU Department of PM&R; Sheltering Arms Institute; VCU Center for Rehabilitation Sciences and Engineering

**Scott D. McDonald**, Ph.D., 2006, Clinical Psychology, Virginia Commonwealth University, Richmond, VA

Licensed Clinical Psychologist, Commonwealth of Virginia

Internship: University of Alabama at Birmingham/Birmingham VA Consortium

Postdoctoral Fellowship: MIRECC Durham VA Medical Center

Clinical Duties: SCI Neuropsychologist. Neuropsychology consultation for the SCI inpatient and outpatient clinics. Perform outpatient mental health annual evaluations for the SCI clinic.

Training and Didactics: Director of VA MIRECC Advanced Fellowship Program. Provide research supervision across training programs.

Research Interests/Activities: Dr. McDonald's research program focuses on characterizing and assessing the sequelae of trauma and injuries leading to disability. His current research aims to better understand resilience and adjustment among military Veterans receiving rehabilitation for TBI/polytrauma, spinal cord injury (SCI), and other medical conditions, and how best to support caregivers.

Academic Appointments: Affiliate Assistant Professor, VCU Departments of Psychology and Physical Medicine and Rehabilitation.

**Brian L. Meyer**, Ph.D., 1990, Duke University, Durham, NC

Internship: Cambridge Hospital and Cambridge Child Guidance Center, 1988-89

Postdoctoral Fellowship: Harvard Community Health Plan, 1989-90

Licensed Clinical Psychologist, Commonwealth of Virginia

Clinical duties: PTSD-SUD Specialist. Provide evidence-based and evidence-informed individual, family, couples, and group psychotherapies for Veterans with substance abuse problems and Posttraumatic Stress Disorder. Treatments include Seeking Safety, Dialectical Behavior Therapy Skills Training, Eye Movement Desensitization and Reprocessing; Cognitive Processing Therapy; Motivational Interviewing, Mindfulness Meditation, Trauma-Focused Cognitive Behavioral Therapy, Imagery Rehearsal Therapy, and Adaptive Disclosure for moral injury. Research interests: trauma, substance abuse, child abuse, co-occurring disorders, mindfulness meditation, Veterans Treatment Courts.

Academic/Faculty Affiliations: Assistant Professor, Department of Psychiatry, and Affiliate Assistant Professor, Department of Psychology, Virginia Commonwealth University.

**Natasha Mroczek**, Psy.D., 2014, Florida Institute of Technology, Melbourne, FL

Internship: Carl T. Hayden VAMC, Phoenix, AZ

Postdoctoral Fellowship: Memphis VAMC, Clinical Health Psychology Postdoctoral Fellowship, Memphis, TN

Licensed Clinical Psychologist, Commonwealth of Virginia

Clinical Duties: Pain Psychologist in the Veterans Integrated Pain (VIP) Center.

**Brian Mutchler**, Psy.D. 1999, Indiana University of Pennsylvania, Indiana, PA

Internship: HH McGuire VAMC; Richmond, VA

Postdoctoral Fellowship: Gulf War Illness Research

Licensed Clinical Psychologist, Commonwealth of Virginia

Clinical Duties: Provide assessment, psychological testing, psychotherapy, behavioral therapy, and family therapy for newly injured and long-term Spinal Cord Injury patients as part of an interdisciplinary treatment team. Also provide patient and staff education. Additional clinical interests are PTSD treatment and ACT. Member of the IRB and appointed to the VAMC R&D Committee.

Research Interests: Health Psychology in relation to SCI.

Academic/Faculty Affiliations: Affiliate Assistant Professor in Psychology, Virginia Commonwealth University.

**Paige Naylor**, PhD, 2018, University of South Alabama, Mobile, AL

Internship: Memphis VAMC, Clinical Health Psychology Track, Memphis, TN

Fellowship: Memphis VAMC, Clinical Health Psychology Postdoctoral Fellowship, Memphis, TN

Licensed Clinical Psychologist: Commonwealth of Virginia; State of Alabama

Clinical Duties: Staff Psychologist within Oncology Service

**Samuel E. Park**, PhD, Biola University, Rosemead School of Psychology, La Mirada, CA

Internship: University of Rochester, Rochester, NY

Licensed Clinical Psychologist, Commonwealth of Virginia

Clinical duties: Outpatient Mental Health Clinic Psychologist. Provide evidence-based and -supported individual, conjoint, and group psychotherapy, as well as trauma-informed treatments for military sexual trauma for male and female veterans.

Research interests: Military sexual trauma; interpersonal neurobiology; and complex trauma.

Training/Didactics: Co-facilitate Diversity Training Seminar

Academic Affiliations: Affiliate Assistant Professor, VCU Department of Psychology.

**Paul B. Perrin**, Ph.D., 2011, University of Florida, Gainesville, FL

Internship: Veterans Affairs Maryland Health Care System and University of Maryland School of Medicine

Postdoctoral Fellowship: Virginia Commonwealth University Behavioral Medicine Fellowship

Licensed Clinical Psychologist, Commonwealth of Virginia

Research Interests/activities: Psychological adjustment TBI and SCI, Caregiving, Health Disparities, Social Determinants of Health

Academic Appointments: Associate Professor, VCU Departments of Psychology and PM&R; Training Director, VCU Health Psychology Doctoral Program

**Brenda E. Scott**, Ph.D., 1996 George Mason University, Fairfax, VA

Internship: Howard University Counseling Center, Washington, DC

Postdoctoral Fellowship: Central State Hospital, Petersburg, Virginia

Licensed Clinical Psychologist, Commonwealth of Virginia

Clinical duties: Provide services to Spinal Cord Injury veterans on an inpatient unit and through an outpatient clinic. Provided services: individual/family/behavioral therapy, psychological

assessment/testing, smoking cessation, patient education, staff education and consultation to interdisciplinary team. Trained in ACT  
Didactics Provided/Training: Living with a Disability, SCI rotation  
Research Interests: Stress Management, Pain Management  
Faculty appointments: Adjunct Assistant Professor in Psychology, Virginia Commonwealth University

**Michael Shapiro, Ph.D.**, 2010 - Pennsylvania State University, University Park, PA  
Internship: University of Illinois – Chicago (Counseling Center & Neuropsychiatric Institute)  
Postdoctoral Fellowship: Barrow Neurological Institute – APPCN Neuropsychology Fellowship  
Licensed Psychologist, Commonwealth of Virginia, State of Maryland, and Washington D.C.  
Clinical Duties: Neuropsychologist  
Research Interests: Performance/Symptom Validity Testing, mTBI outcome, Impact of psychological factors on cognitive functioning.

**Lindsey K. Slaughter, Psy.D., ABPP**, 2006, Wright State University School of Professional Psychology, Dayton, OH  
Board Certified in Geropsychology  
Internship: Howard University Counseling Service  
Postdoctoral Fellowship: Piedmont Geriatric Hospital  
Licensed Clinical Psychologist, Commonwealth of Virginia  
Clinical Duties: Geropsychologist in various GEC programs  
Clinical and research interests/activities: Decision-making capacity, personality disorders in older adults, behavioral planning and implementation, IDT processes/dynamics, high performance organizations/systems, healthy and successful aging, clinical supervision  
Academic Appointments: Affiliate Professor in Psychology, Virginia Commonwealth University

**Jennifer E. Wartella, PhD**, Virginia Commonwealth University, Richmond, VA  
Internship: University of Arizona Medical Center  
Postdoctoral Fellowship: University of Virginia Center for Addiction Research  
Licensed Clinical Psychologist, Commonwealth of Virginia  
Clinical Duties: Staff psychologist with the Home Based Primary Care team.  
Research interests; geriatrics, neuropsychology, brain injury, chronic illness/pain, mood disorders, motivational interviewing strategies and working with underserved populations.  
Faculty Appointment: Adjunct professor for the psychology department at Virginia Commonwealth University.

**Carl Williams, Ph.D.**, 2003, Virginia Polytechnical Institute and State University, Blacksburg, VA  
Licensed Psychologist, State of Nevada  
Internship: University of California, San Diego School of Medicine  
Clinical Duties: Staff Psychologist within Oncology Services. With existential and interpersonal appreciation, he employs a broad range of behavioral, cognitive and third wave treatment methodologies to mental health recovery and coping with serious illness.  
Research Interests: Health Behavior Change, Health Promotion, Dissemination Science, Clinical Trials  
Faculty Appointments: Adjunct Faculty, VCU Department of Psychology

**Cathy Williams-Sledge, Psy.D.** 1997, Virginia Consortium Program in Clinical Psychology, Norfolk, VA  
Internship: HH McGuire VAMC; Richmond, VA  
Postdoctoral Fellowship: Central State Hospital and Liberty Forensic Unit; Petersburg, VA

Licensed Clinical Psychologist, Commonwealth of Virginia

Clinical duties: Provide assessment, psychological testing, psychotherapy, behavioral therapy, and family therapy for newly injured and long-term Spinal Cord Injury patients as part of an interdisciplinary treatment team. Also provide patient and staff education, and assessment and treatment for patients in the SCI outpatient clinic. Provide assistance and support for the SCI Peer mentoring program and oversee the SCI Smoking Cessation Program.

Research Interests: Smoking Cessation in SCI; Depression and Pain in SCI.

Academic/Faculty Affiliations: Assistant professor, Department of Psychology, Virginia Commonwealth University.



## Richmond, Virginia

An historic city and Virginia's capital, Richmond offers an attractive array of leisure, cultural, and social opportunities not usually found in mid-sized cities. Beautiful neighborhoods juxtaposed to modern high rises with striking architecture set the stage for the numerous cultural, educational and recreational events befitting its nearly 200,000 citizens (approximately 1,000,000 in the metro area).

Nationally recognized for its vitality and new economy, Richmond's diversified employment base extends from chemical, food and tobacco manufacturing to cutting edge biotechnology, semiconductors and high-tech fiber production. The city consistently ranks among "Best Places to Live and Work in America" in several national publications.



Bisected by the James River, its numerous parks and woodlands offer the chance for solitude in nature as well as outdoor sports such as mountain biking and kayaking even when close to the city center. Richmond annually hosts the XTERRA off road triathlon's East Coast Championship, hosted the 2012 Veteran's Wheelchair Games, and will host the UCI Road World Championship of cycling in 2015.

Richmond is proud to support several first-class museums, three prominent universities, a symphony, a professional ballet and opera companies, and numerous theater groups and art galleries. Richmond also hosts the annual Richmond Folk Festival, a free festival featuring live performances by some of the world's greatest folk musicians. <http://www.richmondfolkfestival.org/>

While offering easy access to the Atlantic Ocean and the Chesapeake Bay, Appalachian Mountains as well as being only 90 minutes south of Washington, D.C., Richmond also features countless pastimes right at home. Trendy boutiques, varied bistros and restaurants, numerous sports and entertainment attractions, outdoor pursuits among one of the nation's largest river park systems, and a treasure trove of historic landmarks provide opportunities for nearly endless learning and relaxation.

Learn more about the city of Richmond, Virginia at: <https://www.vcu.edu/life-at-vcu/all-about-richmond/> and <http://www.richmond.com/>

## **REQUIRED POST-DOCTORAL RESIDENCY PROGRAM TABLES**

**Date Program Tables are updated: 6/18/2020**

### **Postdoctoral Program Admissions**

**Briefly describe in narrative form important information to assist potential applicants in assessing their likely fit with your program. This description must be consistent with the program's policies on resident selection and practicum and academic preparation requirements:**

We seek applicants who have a sound clinical and scientific knowledge base from their academic program and internship; strong entry-level professional skills in standard assessment, intervention, and research techniques; and the personal characteristics necessary to function well as a doctoral-level professional in a medical center environment. Our selection criteria focus on all aspects of the application materials, with particular emphases placed upon background training and experience and an applicant's articulation of training goals and professional aspirations. We seek the best fit between applicants and our training program. The Central Virginia VA Medical Center in which our training program resides is an Equal Opportunity Employer; we are committed to ensuring a range of diversity among our training classes, and we actively recruit and select candidates representing different kinds of programs and theoretical orientations, geographic areas, ages, racial and ethnic backgrounds, sexual orientations, disabilities, and life experiences.

**Describe any other required minimum criteria used to screen applicants:**

Eligibility for All VA Training Programs:

1. U.S. citizenship. VA is unable to consider applications from anyone who is not currently a U.S. citizen. Verification of citizenship is required following selection. All interns and fellows must complete a Certification of Citizenship in the United States prior to beginning VA training.
2. A male applicant born after 12/31/1959 must have registered for the draft by age 26 to be eligible for any US government employment, including selection as a paid VA trainee. Male applicants must sign a pre-appointment Certification Statement for Selective Service Registration before they can be processed into a training program. Exceptions can be granted only by the US Office of Personnel Management; exceptions are very rarely granted.
3. Interns and Fellows are subject to fingerprinting and background checks. Match result and selection decisions are contingent on passing these screens.
4. VA conducts drug screening exams on randomly selected personnel as well as new employees. Interns and Fellows are not required to be tested prior to beginning work, but once on staff they are subject to random selection for testing as are other employees.

\*\*\* Failure to meet these qualifications could nullify an offer to an applicant.

Postdoctoral fellowship applicants also must meet the following criteria to be considered for any VA Psychology Postdoctoral Program:

1. Have received a doctorate from an APA or CPA accredited graduate program in Clinical, Counseling, or Combined Psychology or PCSAS accredited Clinical Science program. Persons with a doctorate in another area of psychology who meet the APA or CPA criteria for respecialization training in Clinical, Counseling, or Combined Psychology are also eligible.
2. Have completed an internship program accredited by APA or CPA or have completed a VA-sponsored internship

**Financial and Other Benefit Support for Upcoming Training Year\***

Annual Stipend/Salary for Full-time Residents	\$47,704 *
Annual Stipend/Salary for Half-time Residents	NA
Program provides access to medical insurance for resident?	Yes
If access to medical insurance is provided Trainee contribution to cost required?	Yes
Coverage of family member(s) available?	Yes
Coverage of legally married partner available?	Yes
Coverage of domestic partner available?	Yes
Hours of Annual Paid Personal Time Off (PTO and/or Vacation)	Yes; 4 hours earned every 2 weeks
Hours of Annual Paid Sick Leave	Yes; 4 hours earned every 2 weeks
In the event of medical conditions and/or family needs that require extended leave, does the program allow reasonable unpaid leave to interns/residents in excess of personal time off and sick leave?	Yes

**Other Benefits (please describe)**

Residents are entitled to 10 federal holidays and earn sick leave and vacation days at a rate of four hours of each per two-week pay period. Residents are encouraged to use all of their annual leave before completion of the training year. Unused sick leave may be applied to future federal employment. Additional leave may be approved for attendance at conferences and workshops or other continuing education activities. Postdoctoral residents are not covered by Federal Employee

retirement and are not eligible for federal life insurance benefits but are eligible for health insurance benefits

\*Note. Salary increases to \$50,283 for Fellows in their second year

\* Note. Programs are not required by the Commission on Accreditation to provide all benefits listed in this table.

### Initial Post-Residency Positions

(Provide an Aggregated Tally for the Preceding 3 Cohorts)

	<b>2013-2019</b>	
Total # of residents who were in the 3 cohorts	6	
Total # of residents who remain in training in the residency program	0	
	<b>PD</b>	<b>EP</b>
Community mental health center	NA	NA
Federally qualified health center	NA	NA
Independent primary care facility/clinic	NA	NA
University counseling center	NA	NA
Veterans Affairs medical center	NA	3
Military health center	NA	NA
Academic health center	NA	1
Other medical center or hospital	NA	NA
Psychiatric hospital	NA	NA
Academic university/department	NA	NA
Community college or other teaching setting	NA	NA
Independent research institution	NA	NA
Correctional facility	NA	NA
School district/system	NA	NA
Independent practice setting	NA	NA
Not currently employed	NA	2
Changed to another field	NA	NA
Other	NA	NA
Unknown	NA	NA

Note: “PD” = Post-doctoral residency position; “EP” = Employed Position. Each individual represented in this table should be counted only one time. For former trainees working in more than one setting, select the setting that represents their primary position.

**\*Note: We are a two-year fellowship. These years represent the previous three cohorts, rather than the previous three years.**